THE LONG HARD CLIMB TO KATNISS FITNESS

HOW JENNIFER LAWRENCE GOT IN SHAPE FOR HER PHYSICALLY CHALLENGING ROLE IN THE HUNGER GAMES PAGE 17

VANCOUVER metro®

Tuesday, April 3, 2012

News worth sharing.

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Food on the street

PIG IN A PITA?

Krissy Seymour, chef and co-owner of the new Pig on the Street food cart, is one of 12 vendors announced Monday who will be operating on Vancouver's streets come May. The city unveiled the latest additions to Vancouver's growing food-cart culture, including food flavours ranging from Ukraine and Thailand to El Salvador. Story, page 4. PHYLICIA TORREVILLAS/METRO

B.C. Tories tie it up with Liberals: Poll

Latest poll. NDP maintains top spot with 43 per cent, Libs and Conservatives at 23 per cent

DANIEL PALMER
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On the same day Premier Christy Clark unveiled a new $700-million infrastructure plan, a new poll shows her party is now tied in support with the B.C. Conservatives.

According to the Angus Reid Public Opinion poll, the B.C. Liberals have lost five points since January while the Conservatives have gained four points, giving both parties 23 per cent support. The poll also indicates the NDP has gained a point with 43 per cent support.

Speaking at a keynote address to the Urban Development Institute on Monday, Clark attempted to woo her support base by saying the latest budget is the most conservative in the province's history.

"You don't shrink the gap between rich and poor by trying to punish those who are successful," Clark said. "If it comes down to a choice between increasing spending and lowering taxes, we will be lowering taxes."

The poll suggests the B.C. Conservatives are gaining support almost entirely at the expense of the Liberals, with only a third of those who voted Liberal in the last election still intending to do the same in 2013.

"The NDP got 42 per cent in the last provincial election and lost, but because of the centre-right split, they would form a massive majority government today," said Mario Canseco, vice-president of Angus Reid Public Opinion.

"The budget was supposed to stop the bleeding to the Conservatives. If anything, the numbers have been more pronounced," Canseco said, adding that the recent defection of John van Dongen to the B.C. Conservatives likely accounted for some of the growth in Conservative support.

Auto show goes green and refined

Showcasing the latest in green technologies with a touch of luxury at the city's 92nd International Auto Show at the BC Place PAGE 4

7 killed in Calif. school shooting

A 43-year-old Oakland man was arrested after a manhunt following a shooting spree at Oikos University in California PAGE 9

Stern warning on trade slump

BoC Governor Mark Carney calls Canada's export record a dismal failure PAGE 12

New landmark for Canuck's forward

David Booth works to get his game back for the Stanley Cup playoffs, which he's about to appear in for the first time in his six-year NHL career PAGE 21

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32465 South Fraser Way
2140 Sumas Way

Aldergrove
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Crystal Square
Lougheed Mall
Metrotown/Metropolis
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4711 Kingsway
3855 Henning Dr.
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Chilliwack
Cottonwood Mall
Eagle Landing
45300 Luckakuck Way
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2988 Glen Dr.
1071 Austin Ave.
2700B Barnet Hwy.

Delta
Scottsdale Mall
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1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
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Royal City Centre

North Vancouver
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1392 Main St.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
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Ironwood Mall
Parker Place
Richmond Centre
12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
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Van Dongen hits back at Liberal accusations

False allegations?
B.C. Liberal house leader says former solicitor general leaked information to political bloggers

KATE WEBB
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Former solicitor general John van Dongen has accused his former party of making false allegations that he leaked caucus information to political bloggers in order to intimidate others who may also be thinking of defecting from the troubled party.

B.C. Liberal house leader Rich Coleman said Sunday on a CKNW talk show there is "no question" van Dongen leaked information to bloggers, although he did not say who.

Van Dongen left the Liberals and announced his intent to join the B.C. Conservatives a week ago. He is currently sitting as an independent.

Van Dongen told Metro this is the first time in 17 years with the party he's been accused of leaking caucus information, and the timing is no coincidence.

"I haven't experienced any caucus discipline over something like this," he said.

"To suggest that I've breached caucus confidentiality, that's the government's response to my concerns about the legal-fees deal in BC Rail, the fact that it was done contrary to public policy. That's just a continuation of an intimidation campaign, both against me and other MLAs," van Dongen said. "These are legitimate questions that I'm asking."

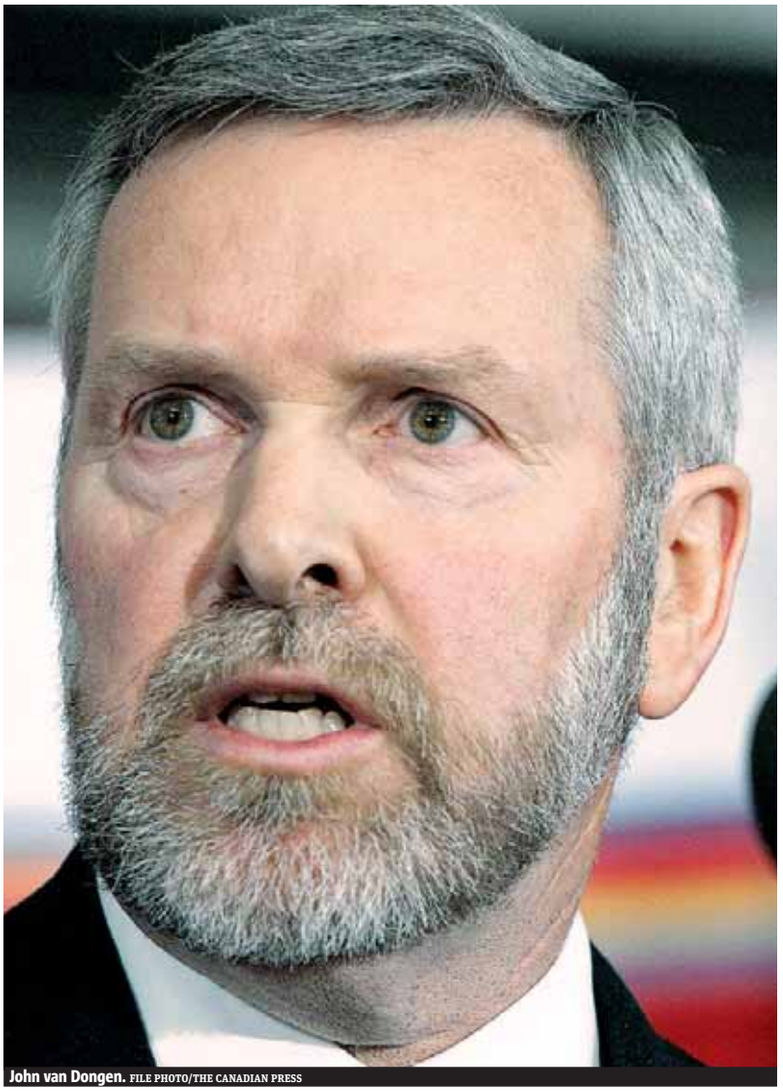
Some political insiders have speculated Coleman may have been referring to van Dongen's relationship with prominent political blogger Alex Tsakumis, but Tsakumis took to his blog Sunday to vehemently deny van Dongen has ever been the source of a leak.

"Van Dogen, first of all, was neutralized a long time ago after he resigned as solicitor general, according to my other sources in caucus, so what information is he going to give me? He doesn't have any!" Tsakumis said. "They never talked about much in caucus anyway. The way it was run, top-down, everything was handled in cabinet."

Tsakumis added he thinks Coleman's comments will backfire, and the party will soon see other MLAs cross the floor to join John Cummins' Conservatives.

Resignation

- In his shocking resignation announcement, van Dongen cited the failed BC Place naming-rights deal, $6 million spent on BC Rail legal fees and a lack of accountability as reasons for crossing the floor.
- Van Dongen has hired North Vancouver lawyer Roger McConchie to look into why Liberals forgave millions in legal fees for Dave Basi and Bobby Virk after they pleaded guilty to breach of trust charges in the BC Rail case in 2010.



John van Dongen. FILE PHOTO/THE CANADIAN PRESS

Theft. Man arrested for allegedly stealing small boats, marine equipment

A Surrey marine mechanic has been charged for allegedly stealing nearly $300,000 worth of marine equipment throughout the Lower Mainland.

"During the past few months, the Lower Mainland's marine community has been inundated with the thefts of small trailer boats, as well as marine and fishing equipment from larger vessels," said Lindsey Houghton of the Vancouver Police.

Forty-three-year-old Frank Jerry Cutajar allegedly stole the equipment from outboard motors attached to moored boats in marinas and boats parked on trailers in driveways across the Lower Mainland. The parts were then swiftly sold on Craigslist for cash, sometimes only hours later.

KYLA JONAS/FOR METRO

Criminal charges

40

Cutajar is facing more than 40 counts of criminal offences including theft, possession of stolen property, fraud and forging vehicle identification plates.

Public inquiry

Oppal calls for critics to join him in Pickton inquiry

The former judge overseeing the public inquiry into the investigation of Robert Pickton made a plea Monday for his critics to help him craft his eventual recommendations, arguing politics must be set aside to find ways to save vulnerable sex workers from the same fate as the serial killer's victims.

Commissioner Wally Oppal's inquiry has been overshadowed by criticism from aboriginal and advocacy groups.

THE CANADIAN PRESS

Miss Universe

Transgender model allowed back in pageant

Jenna Talackova, a transgender model from Vancouver, will be allowed to compete in the 2012 Miss Universe Canada pageant after a dramatic U-turn from event organizers.

Talackova was initially banned from the competition when Miss Universe learned she was born a man.

METRO

Arrest

Woman charged after youth killed in hit-and-run

A 24-year-old woman has been arrested by RCMP after turning herself in Monday in connection with a hit-and-run motor-vehicle incident.

Mounties say a 17-year-old Duncan youth was found early Sunday morning, lying on Boys Road with serious head injuries. The victim has been identified as Daniel Hopkins. RCMP Cpl. Kevin Day said the teen was taken to Victoria General Hospital but died Sunday night. METRO

1 NEWS

On the web

Sensational progress

The U.S.'s first full-face-transplant recipient says he can feel his daughter's kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008.
Watch at metronews.ca

Sensational violence

A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California.
Watch at metronews.ca

Mobile news

Heading to the Olympics with money to spend? Then there's still time to ensure you can take tea at The Ritz, drink at the Savoy's American bar or sleep in an art deco room at Claridge's. Scan code for the story.

Attempted murder

Arrest made in shooting

A 22-year-old Burnaby man has been charged with attempted murder in connection with a shooting on Commercial Drive on Mar. 29. Erlan Lizandro Acosta is facing seven charges in all.
KYLA JONES

Traffic fatality

Cyclist struck last week dies in hospital

A Vancouver cyclist who was struck by a car last week has died.

Vancouver police said a 32-year-old female cyclist was travelling along Windsor Street March 27 when she entered the East 12th Avenue intersection and was hit by a car.

She died in hospital on Saturday.

The driver of the car was uninjured. Police say drugs and alcohol are not being considered as factors.

This is Vancouver's fourth traffic-related fatality of 2012, compared to five at this time last year and three in 2010.
KYLA JONES/FOR METRO

Arrests

Teen girls face assault charges

Three teenaged girls in Abbotsford face aggravated assault charges linked to a brutal attack on a 30-year-old man. Police say the two 15-year-olds and 16-year-old were picked up following the incident last Wednesday. THE CANADIAN PRESS

Supreme Court

Cabbie jailed for sexual assault

A former B.C. taxi driver will spend two years in prison for sexually assaulting a female passenger. Court heard the assault took place in early November 2008 after the driver picked up two people from a party.
THE CANADIAN PRESS

Transportation

Premier focuses on Asia-Pacific

Premier Christy Clark has unveiled a transportation strategy to cash in on trade with the Asia-Pacific region. The plan envisions spending $25 billion over eight years to expand roads, rail lines and port facilities. THE CANADIAN PRESS

Tasty! Twelve new food carts are set to roll in May

Savour these street eats. It's not just the flavours, these carts reflect the diversity of our city, says Mayor Greg Robertson

PHYLICIA TORREVILLAS
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There are 12 new tasty ways to experience Vancouver's growing food-cart scene.

The City of Vancouver unveiled a dozen new vendors to its food-cart program Monday, which features a greater selection of street eats — including flavours from Ukraine, India, Thailand and El Salvador.

The new carts will start rolling out in May, bringing the total of stationary food carts in the city to 103.

"We are really pleased to see the international offerings that are really reflective of the diversity of the city," said Mayor Gregor Robertson.

"This is creating new jobs in Vancouver. Creating opportunities for food entrepreneurs in our city, and this is a city for food, so why not create these opportunities in our streets?"

The Vancouver Park Board also announced its one-year street food-cart pilot program that will gauge how the carts will fare with park visitors.

The carts will be placed at Stanley, Queen Elizabeth and Vanier parks.

The city's food-cart program received 59 applications, which were reviewed by judges from the city's engineering department and Vancouver Coastal Health.

Of the 59 applicants, 25 were chosen to go through a taste test judged by 15 people representing the public, city council, media, food services and business associations.

The finalists who applied but did not make the list of 12 will get a chance to apply for one of the three park sites.

The city says it will add up 30 new stationary food carts to the program over the next two years.

Food city

"This is a city for food, so why not create these opportunities in our streets?"
Mayor Gregor Robertson

Sarb Mund prepares a naan wrap Monday for a hungry customer. Soho Road Naan Kebab serves naan wraps served with chicken tikka pieces. They will be located at Smithe Street west of Howe Street.
PHYLICIA TORREVILLAS/METRO

Three new vendors

PIG ON THE STREET: A pork lover's dream come true.
FOOD GENRE: British bacon sandwiches.
GOTTA HAVE IT: The Porker — double smoked bacon, sausage and bacon stuffing, sage, apple, goat Gouda, arugula.
WHERE: 700 block of Howe Street.

GUANACO TRUCK: Salvadoran staple food "pupusas" (thick handmade corn tortilla with fillings).
GOTTA HAVE IT: Revueltas — seasoned pork with vegetables, cheese and refried black beans.
WHERE: Corner of Seymour and West Georgia Street.

SLINGERS: Just like Mama used to make.
FOOD GENRE: Italian comfort food.
GOTTA HAVE IT: Parmesan sandwich — choose from chicken or eggplant.
WHERE: Thurlow Street north of Hastings Street.

Auto Show goes green with a 2012 luxury twist

GM's Corvette Stingray concept car will be making appearance at the 92nd Vancouver International Auto Show. CONTRIBUTED

Green technology and custom roadsters will be unveiled today at the 2012 Vancouver International Auto Show at BC Place Stadium.

This year's exhibitors will feature green technology along with refinement in luxury, said Paul McGeachie, executive director of the event.

"It's not a question of more green technology, it's just the cost and refinement of green technology that has improved.

"Whether it be gas, hybrid, diesel, electric — they're all developing simultaneously," he said.

The show, which runs Tuesday through Sunday, will feature the North American premiere of one new vehicle, but organizers remain tight-lipped on details.

Some of the trends that have influenced new vehicle design are an aging population as well as the decision of many younger couples to delay starting a family, said Sheryl Connelly, a futurist with Ford Canada.

"In the future, what happens if you live to be 105? That's actually a very plausible thing," she said, citing blind-spot indicators and automated parking-assistance technology as innovations that will better serve an older demographic.

Connelly said social, political, economic, technological and environmental factors will influence the decision to move ahead with a new vehicle.
METRO

The Auto Show

- **Where.** BC Place Stadium
- **When.** Tuesday, April 3 to Sunday, April 8. Tuesday to Friday: Noon-10 p.m. Saturday: 10 a.m.-10 p.m. Sunday: 10 a.m.-6 p.m.
- **Price.** $15 regular admission, $10 seniors/students, children under 6 are free.

Actress Jodelle Ferland visited World Vision projects in Cambodia last November. TIM RIEDEL/WORLD VISION

Nanaimo-born Twilight star takes a bite out of hunger

30 Hour Famine. A trip to Cambodia with World Vision inspired actress Jodelle Ferland to get involved

KATE WEBB
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Twilight Saga: Eclipse star Jodelle Ferland is used to jet-setting around the globe, but the destination of one of her recent trips surprised her friends and family.

Ferland travelled to Cambodia for two weeks in November with World Vision to see first-hand what the Christian charity does with donations raised during its annual 30 Hour Famine.

"Most of the people I know are pretty used to me travelling, doing all kinds of things like filming, publicity — things like that — so they're not too shocked by that. But I have to say that when I went to Cambodia, that was pretty different for them," said the Nanaimo-born actress on Monday.

Ferland plans to join 60,000 other Canadian teens in a 30-hour fast this month to raise money for food, clean water, education and safety improvements in some of the world's poorest countries. "Seeing first-hand how it's actually improving people's lives — not just individually but whole families — I think what they're doing is fantastic," she said.

At the centre of the team

PHYLICIA TORREVILLAS
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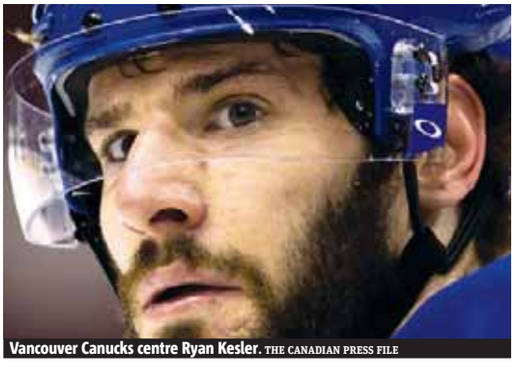
60 Seconds. Metro sits down with Vancouver Canuck centre Ryan Kesler to talk about the season that was, and what's yet to come

What community work are you involved in right now?
(The Popchips Game Changers program) is a chance for myself and (14 other) athletes to give back to the community. We will be asking our fans, 'What can I do for you?' They get to write in with their responses and we get to pick one. They can go to popchips.com and submit their community cause.

Why is it important for you to give back to Vancouver despite being from Michigan?
I came to Vancouver as a boy. I've grown up here and my family loves it here. My son's half-Canadian. This is home. I've been spending a majority of time here. The people are great to me. The least I can do is to give back in any way possible.



Vancouver Canucks centre Ryan Kesler. THE CANADIAN PRESS FILE

Personally, did you feel any obligation to be involved in any anti-riot campaign?
I wasn't pressured into it. But they offered, and I jumped on it because what happened last year was unacceptable. It's a campaign to get awareness out there again. It's our responsibility to show that it's not acceptable, and that we shouldn't be acting like that.

Does the team feel good about your performances in the last couple of games despite Daniel Sedin's injury and Kevin Bieksa missing a few games already?
We're still climbing in the standings and it feels good to be back on top. We're going to keep on pushing until the end here. When one of our leading goal scorers like Daniel goes down, it's a collective effort from our whole team.

What's your message to Canucks fans as the team gets ready for the playoffs?
Our goal is the same as last year. We fell short one game, but we're ready for the long grind and we're going to be up for it.

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Michael Rafferty trial. Jurors view site where Stafford's body found

Jurors in the case of a man accused of first-degree murder in the death of Victoria Stafford were given a first-hand look Monday at the farmer's field where the eight-year-old was killed.

They were at the scene southeast of Mount Forest, Ont., where the judge said he hoped the jurors would get a better understanding of the evidence.

Members of the media were allowed to view the area once the jury had left.

On Friday, the panel saw video and photos of where Tori's remains were found in July 2009, wrapped in a garbage bag and buried under a pile of rocks in a farmer's field.

Tori disappeared outside her Woodstock, Ont., elementary school on April 8, 2009, and she was allegedly killed the same day in the rural area more than 100 kilometres north of her hometown.

Michael Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

Terri-Lynne McClintic, 21, is already serving a life sentence after pleading guilty to first-degree murder in Tori's death.

When McClintic confessed and later pleaded guilty, she said Rafferty had killed Tori using a hammer, but at the trial she testified it was she who dealt the fatal blows.

THE CANADIAN PRESS

Members of the media visit the crime scene. Markers had been placed to guide the jury's visit.
GEOFF ROBINS/THE CANADIAN PRESS

As winner of their charity boxing match, Liberal MP Justin Trudeau trims Conservative Senator Patrick Brazeau's ponytail in the foyer of the House of Commons Monday. For more see metronews.ca/features. ADRIAN WYLD/THE CANADIAN PRESS

Trudeau celebrates latest victory over a Tory rival

A Conservative senator is sporting a new hairdo after losing a charity boxing match to Liberal MP Justin Trudeau.

As part of a bet, Patrick Brazeau had his long hair lopped off Monday in the foyer of the House of Commons.

He also must wear a Liberal hockey jersey with Trudeau's name on the back for the rest of the week.

Stylist Stefania Capovilla says she cut off eight or nine inches of Brazeau's hair.

Underdog Trudeau beat odds-on favourite Brazeau on Saturday night when the referee stopped the bout in the third round.

The Liberal MP and Conservative senator were fighting to raise money for cancer research. THE CANADIAN PRESS

Leaders summit

Canada waits for invitation to join Pacific Rim group

Canada may have to give up its protectionist marketing boards if it wants to join a new free-trade group of Pacific Rim countries, U.S. President Barack Obama suggested Monday.

Prime Minister Stephen Harper got another expression of interest in a meeting with Obama in Washington, but hasn't yet received a formal invitation to join the Trans-Pacific Partnership.

THE CANADIAN PRESS

Unknown condition

Minister Toews in hospital

Public Safety Minister Vic Toews has been taken to hospital in Ottawa.

It's not clear what condition he is suffering from.

A spokesman for Toews says the minister has been battling a seasonal flu for the last few weeks.

THE CANADIAN PRESS

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Released. Government could have done more: Farmer's sister

The sister of a New Brunswick potato farmer who spent more than a year in a Lebanese jail on accusations he exported rotten potatoes says she doesn't believe Ottawa did enough to secure his release.

Hermien Dionne says she is not convinced that the federal government was doing all it could to have Henk Tepper return to Canada.

Wants explanation

"I never had any feeling that the Canadian government was doing anything."
Hermien Dionne, Tepper's sister

"I always read in the paper that they're doing things behind closed doors and that is it. So I'm asking the government now to share with the family, to share with the lawyers, what they were doing behind closed doors.

"I'd like to have some answers right now," she told a news conference Monday.

Tepper, who was not at the news conference, returned to Canada on Saturday after being held in custody in Beirut since March 23 of last year.

He was detained on an international arrest warrant on allegations he exported rotten potatoes to Algeria in 2007 and forged export documents.

A spokesman for Diane Ablonczy, the federal minister of state for foreign affairs, issued a statement on the weekend saying "quiet diplomacy" led to Tepper's release.

Tepper was arrested in Lebanon when he travelled to the Middle East on an agricultural trade mission to promote seed potatoes from Atlantic Canada.

THE CANADIAN PRESS

New Brunswick potato farmer Henk Tepper walks with his sister Harmein Dionne as he arrives at the airport in Ottawa, Saturday.
ADRIAN WYLD/THE CANADIAN PRESS

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Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ◆◆When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost and 6.2L 2 valve 4X2 V8 engines. Max. payload of 3,120 lbs with 5.0L Ti-VCT V8 engines. Class is Full-Size Pickups under 8,500 lbs GVWR, non-hybrid. ‡‡Some mobile phones and some digital media players may not be fully compatible – check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Ford recommends that drivers use caution when using mobile phones, even with voice commands. Only use mobile phones and other devices, even with voice commands, not essential to driving when it is safe to do so. 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Oakland Police work after a school shooting at Oikos University in Oakland, Calif., Monday. A gunman opened fire at the university, killing seven people. NOAH BERGER/THE ASSOCIATED PRESS

Deadly shooting brings scenes of horror to school

Suspect. Gunman identified as 43-year-old Oakland man

A gunman opened fire Monday at a small Christian university in California, killing at least seven people, wounding three more and setting off an intense, chaotic manhunt that ended with his capture at a nearby shopping centre, authorities said.

Police Chief Howard Jordan said Monday that One L. Goh is in custody after surrendering at a shopping centre about an hour after the shooting at Oikos University on Monday morning.

Authorities say he was a former student at the Christian school.

The gunfire erupted around midmorning at Oikos University.

Heavily armed officers swarmed the school in a large industrial park near the Oakland airport and, for at least an hour, believed the gunman could still be inside.

Art Richards said he was driving by the university on his way to pick up a friend when he spotted a woman hiding in the bushes and pulled over. When he approached her, she said, "I'm shot" and showed him her arm.

"She had a piece of her arm hanging out," Richards said, noting that she was wounded near the elbow.

As police arrived, Richards said he heard 10 gunshots coming from inside the building. The female victim told him that she saw the gunman shoot one person point-blank in the chest and one in the head.

THE ASSOCIATED PRESS

Gunfire

"She was running. She was crying; she was bleeding, it was wrong."
Paul Singh, brother of victim

Sentencing. Court orders bin Laden's three widows and daughters to prison

A Pakistani court sentenced Osama bin Laden's three widows and two of his daughters to 45 days in prison on Monday for illegally living in the country, ordering them deported when the sentence ends, their lawyer said.

With credit for time served, the women and several of their other children will leave Pakistan later this month, said lawyer Mohammed Amir Khalil. They have been in detention since American commandos killed bin Laden in a large house in the Pakistani town of Abbottabad on May 2, but they were formally charged with immigration offences only last month. THE ASSOCIATED PRESS

Afghan refugees gather outside the house in Haripur, Pakistan, that Pakistan's intelligence agency believes Osama bin Laden lived in.
ANJUM NAVEED/THE ASSOCIATED PRESS

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Technical failure cited in deadly Russian plane crash

Twelve hospitalized, 31 killed. No basis to suggest improper de-icing of the twin-engine turboprop was the cause of the crash

Russia's civil aviation chief says the plane that crashed Monday into a snowy field in Siberia, killing 31 people, appears to have been improperly de-iced.

,However the official said there was no indication that had caused the crash.

The twin-engine turboprop belonging to UTair crashed shortly after take-off Monday from the snowy western Siberian city of Tyumen. There were 43 people aboard,twelve have been hospitalized in serious condition.

The state news agency RIA-Novosti quoted Rosaviatsiya head Alexander Neradko as saying there was evidence "that the treatment of the plane with de-icing agents was not done at the necessary level." However, he also said there was no basis yet "to connect this with the cause of the crash."

The ATR-72 took off at 7:40 a.m. from Tyumen, a regional centre in Siberia about 1,700 kilometres east of Moscow, heading for the oil town of Surgut, about 650 kilometres away.

The plane came down in a field about three kilometres away from the Tyumen airport, breaking into three sections upon impact.

Part of the plane was destroye+d by a fire that burned at least six people to death, said police.

Investigators said evidence so far points to a technical failure of the French/Italian-made aircraft. They noted that witnesses reported seeing smoke coming from its engines as the plane came down and said its pilots had tried to return to the airport.

The federal Investigative Committee said while equipment failure appeared to be the most likely cause of the crash, pilot error or mistakes by traffic controllers had not been ruled out.

The plane was built in 1992 and had been part of UTair's fleet since 2008.

All of the 39 passengers and four crew were Russian.

Russia has seen a string of deadly crashes in recent years.

THE ASSOCIATED PRESS

Russian police guard the site of the ATR-72 plane crash outside Tyumen, a major regional centre in Siberia. RUSSIAN GOVERNMENT PHOTO/THE ASSOCIATED PRESS

Life for nurse convicted in bleach killings

A former Texas nurse convicted of killing five dialysis patients by injecting them with bleach should spend the rest of her life in prison with no chance of parole, jurors who earlier convicted the woman of capital murder said Monday.

Kimberly Saenz was convicted Friday of killing the patients at a clinic run by Denver-based health care giant DaVita Inc. She also received three 20-year terms for aggravated assault in the cases of five other patients who were deliberately injured at the facility in East Texas.

Jurors spent about 45 minutes deliberating before returning with a decision on the punishment. They also could have recommended that Saenz receive the death penalty.

"I was hoping for the death penalty but I'm all right," said Wanda Hollingsworth, whose mother was among Saenz's victims.

Given a chance to address Saenz after the jury left the courtroom, Hollingsworth said she was "nothing more than a psychopathic serial killer."

"You have disgraced your family and the medical field," said Hollingsworth, a nurse herself. "I honestly say I hope you rot in hell."

Marisa Fernandez, whose grandmother also was among the patients who died, said she was satisfied with the sentence.

"It is my duty as a Christian to forgive you," she told Saenz. "And I will. I just hope for your sake you can reach out and ask forgiveness for yourself."

Saenz was fired in April 2008 after a rash of illnesses and deaths at the clinic in Lufkin, about 125 miles (200 kilometres) northeast of Houston.

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Labour. Machinists union heading to court

The International Association of Machinists and Aerospace Workers (IAMAW) said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 IAMAW members from striking on March 12.

The challenge by the machinists follows a similar filing by the union representing the company's pilots, who filed a suit in Ontario Superior Court last month.

Both groups, which together represent more than 11,000 airline employees, are the last group of workers without updated collective agreements.

The pilots said the law that forces them to fly and accept a contract imposed by arbitration is contrary to Canada's Charter of Rights and Freedoms.

The machinists union said the move has now thrust it into an arbitration process it calls biased, removing its Charter right to free association.

THE CANADIAN PRESS

Lawsuit. U.S. accuses RBC of sham trading

Royal Bank is defending itself against what it calls "absurd" allegations from U.S. regulators that it engaged in hundreds of millions of dollars in sham futures trades to reap tax benefits on its holdings of company stocks.

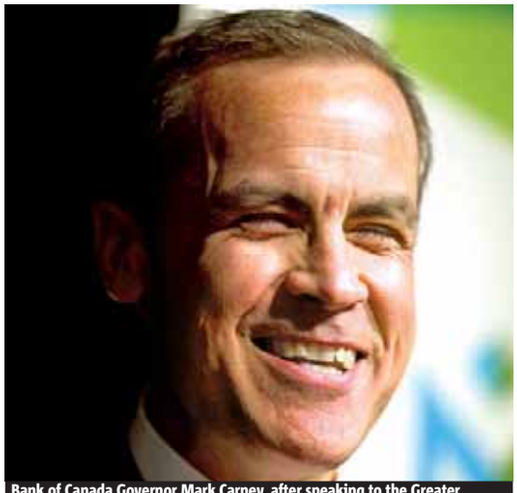
The Commodity Futures Trading Commission lawsuit filed Monday says Royal Bank also concealed the true nature of the trades and made false statements to a futures trading exchange.

The activity, so-called "wash trading" is an illegal stock trading practice in which an investor simultaneously buys and sells shares in a company through two different brokers, usually to avoid taxes.

Royal Bank defended its position in a statement, saying that it consulted stock exchanges and the commission itself for guidance when the trades were made and there was no objection from either.

THE CANADIAN PRESS

Economy needs firms to look to emerging markets: Carney



Bank of Canada Governor Mark Carney, after speaking to the Greater Kitchener-Waterloo Chamber of Commerce in Waterloo, Ont., on Monday.

FRANK GUNN/THE CANADIAN PRESS

Global trade. Bank of Canada governor issues sternest warning to date about the country's lagging export record

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since World War II, he said, adding that aside from the United Kingdom, it is currently the worst in the G20 club of major economic nations.

Carney wants Canadian businesses to turn their attention away from traditional markets like the U.S. and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said.

Referring to Canada's current economy, Carney had relatively positive things to say.

With Europe's debt problems ameliorating, and as the U.S. recovery picks up steam, the headwinds that have held back Canada's economy are abating.

But the domestic engine of Canadian growth has essentially run out of fuel, he cautioned. Consumers are heavily in debt and tapped out, and growth in construction for homes has also run its course, since employment in the sector is now at a 35-year-high.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, he said.

THE CANADIAN PRESS

Business boost

"This was essentially a pep talk for business."

Economist Michael Gregory, BMO Capital Markets

Social networking

Now even the president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love.

His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. TORSTAR NEWS SERVICE

Market Minute

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JUNK FOOD: A CURE FOR THE COMMON CRAVING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter, not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it people.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related binging almost always results in a trans-fat induced spiral of regret.

This is hardly surprising of course; junk food consumption does in fact have a direct impact on your mental health, according to a recent study published in the March 2012 edition of Really Obvious Facts, ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

Eat like our ancestors

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.

But even though we know better (pink slime anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a Real Housewives franchise: highly processed but surprisingly satisfying.

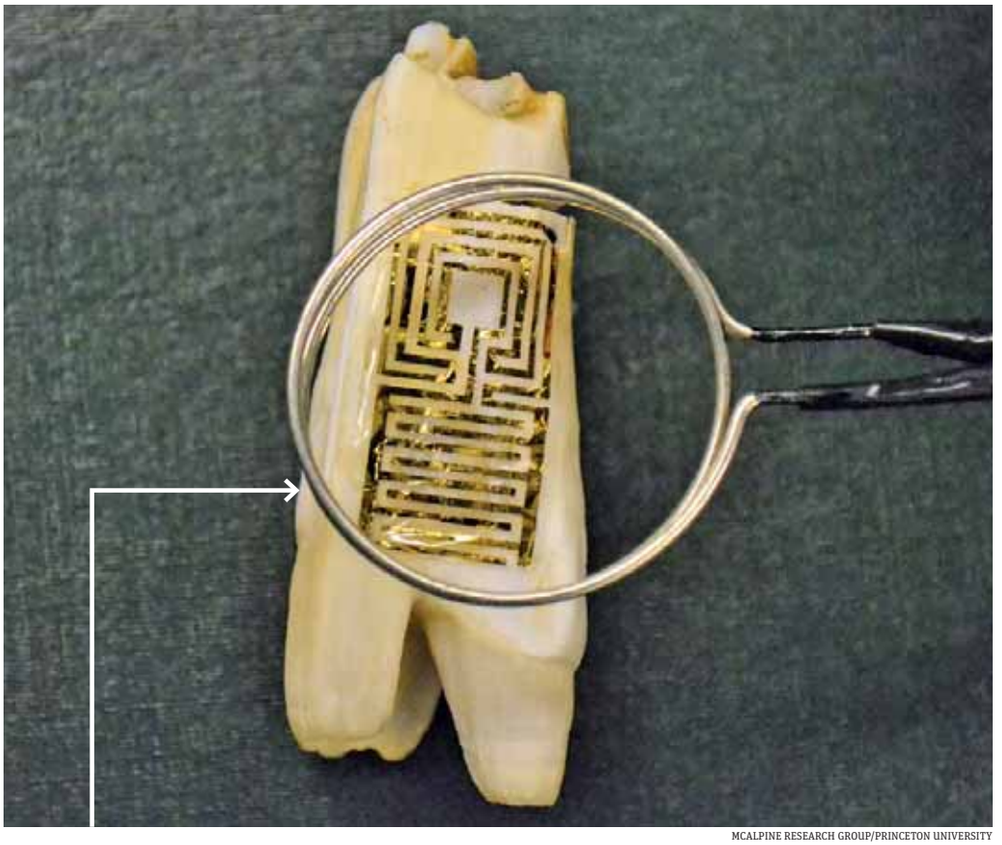
Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there is a new cancer-causing food group to avoid. Beware, the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables … begin to live in fear of all edibles!

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and yes, sadly instant mac and cheese.

With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.
RAFFI ANDERIAN/TORSTAR NEWS SERVICE

This tooth fights an ache



MCALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

Tonsil detection

Tooth tattoo detects illness

PRINCETON, N.J. We've all heard about having a sweet tooth, but scientists now claim that in a few years from now we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath. **METRO**

60 seconds

Michael McAlpine

Detecting cancer

How does this device work?
It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

Any potential benefits?
It'll be able to detect H. pylori, a bacterium that causes stomach ulcers and cancer. Plus, it also heralds in a new way of detecting diseases.

When do you plan to put this device on the market?
We think in five years' time.

And you think people will put it on their front teeth?
It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." **ANTHONY JOHNSTON/METRO**

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@MorenaBarbee:
Real Housewives Of Vancouver. Hmm...

@ChristyKucheran:
When is the real housewives of Vancouver premiering , I'm not ashamed to say im going to watch it.. We all know you will too #Vancouver

@1sdods1:
Just saw a commercial for the worst idea since Abe Lincoln was bored and decided to catch a show: The Real Housewives of Vancouver.

@JackieLynnGies:
no no no! You're doing it all wrong! it shouldn't be 'Real housewives of Vancouver' it should be Real Hockey wives of the Vancouver Canucks

@SpencerDubas:
I've started preparing my storm shelter so I have a place to hide-out on the day the #Canucks trade Cory Schneider's rights this offseason.

metro

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2

SCENE

Scene in brief

Sheen gets pranked

How about a sequel to The Artist starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election.

THE CANADIAN PRESS

On the web

Trailer from Sparkle, the late Whitney Houston's upcoming film, debuts on Today show

It's time to play catch-up

Like any high school reunion, getting the American Pie cast back together for American Reunion leads to the obvious questions about what they've all been up to. Here's an update:

NED EHRBAR
Metro World News in Hollywood

Jason Biggs (Jim)

After films like Saving Silverman and Loser, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new Teenage Mutant Ninja Turtles series.

Alyson Hannigan (Michelle)

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on How I Met Your Mother since 2005.

Seann William Scott (Stifler)

After a string of strong comedy films like Dude, Where's My Car?, the Rundown and Role Models, he completed a stint in rehab prior to filming American Reunion.

Thomas Ian Nicholas (Kevin)

A child star before American Pie, Nicholas has shifted his focus to music — and even has a song on the American Reunion soundtrack.

Chris Klein (Oz)

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series Willard.

Eddie Kaye Thomas (Finch)

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the Harold and Kumar franchise and the American Dad animated series.

Tara Reid (Vicky)

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on Celebrity Big Brother UK last year.

Mena Suvari (Heather)

Suvari made waves with American Pie and American Beauty in the same year. Recently she has popped up on American Horror Story.

Natasha Lyonne (Jessica)

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with American Reunion and Abel Ferrara's 4:44 Last Day on Earth.

John Cho (John, party guy)

Cho launched a catchphrase and a successful career off one key scene in American Pie, and went on to star in franchises like Harold & Kumar and Star Trek.

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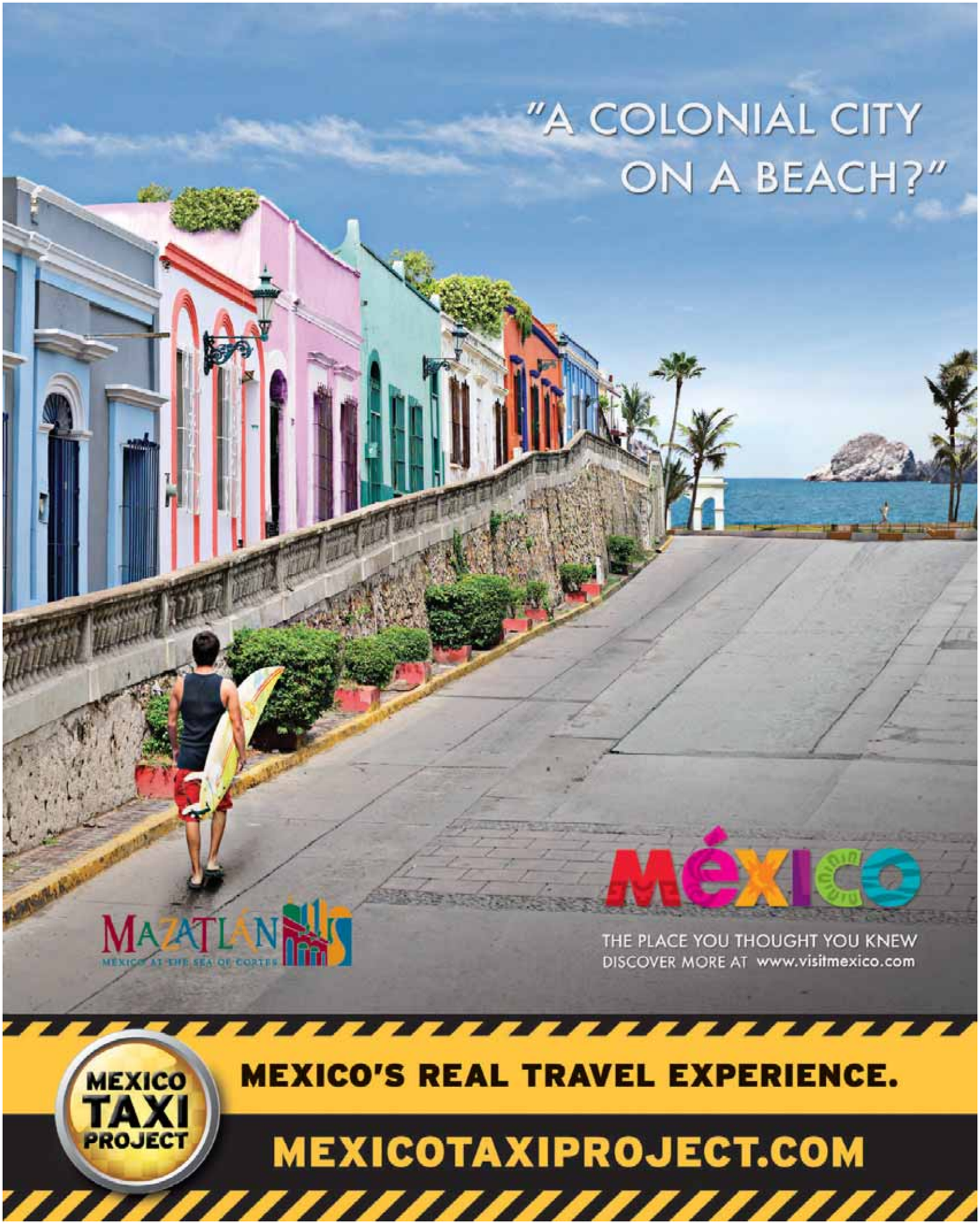
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I award you no points: Sandler sweeps the Razzies

Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it's probably not one he wants to brag about. The actor's gender-bender comedy Jack and Jill — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden Raspberries — celebrate the worst in film each year.

"It's not really a clean sweep," Razzies founder John Wilson tells People magazine. "So it will go into the record books with an asterisk."

The previous record-holder for most wins was Lindsay Lohan's 2006 film I Know Who Killed Me.

Stork brings Bruce Willis one more baby girl

Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to Entertainment Tonight. The new parents are "overjoyed" about the arrival, according to their reps.

Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

More children, less money, way more problems

THE WORD
Dorothy Robinson
scene@metronews.ca

Well, after years of squawking about how the Octomom is going to be a welfare mother, it looks like all of our tsk-tsking is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats because of it.

She tells TMZ.com, the $2,000 a month she gets from the State of California in food stamps is to avoid "becoming totally destitute."

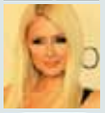
According to TMZ, since the welfare news broke, she's been receiving death threats but she feels people should be directing their anger toward those "who are abusing the system and not at her."

What about stupid people who abuse fertility drugs to have way more children they — and society — can't possibly support in a misguided attempt at fame?

Where do we direct that anger toward?

Twitter

@ElizabethBanks
Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it's not 1956.



@edgarwright
A simple internet rule is this: don't get your news from film sites that either don't watch films or seem to hate them all equally.

@ParisHilton
In bed trying to figure out which movie to watch. Deciding between The Tree of Life, Horrible Bosses, The Grey & Tangled. Thoughts?

@AlbertBrooks
Have a pretty funny joke about Lincoln but I think it's too soon.

Adam Levine

Ladies of the world rejoice: Adam Levine is single

Adam Levine and model Anne Vyalitsyna have broken up, according to Hollyscoop.

The very high-profile couple was previously seen walking the Victoria's Secret runway hand-in-hand and posing nude for Vogue Russia together last November, but apparently all wasn't well at home, as Levine and Vyalitsyna "got into a big fight in January" that nearly ended the relationship, a source says.

"Adam and I have decided to separate in an amicable and supportive manner," Vyalitsyna says in a statement confirming the split. "We still love and respect each other as friends, I wish him all the best." The pair met in 2010 at a Sport Illustrated swimsuit issue launch event where Maroon 5 was also performing.

Kutcher as Jobs? How do you like them Apples?

Two and a Half Men star Ashton Kutcher knows how he's spending his summer vacation: playing tech guru Steve Jobs in a film about the life of the late Apple mogul, according to Variety.

The film, to be directed by Joshua Michael Stern, will follow Jobs' rise to power. Of course, there's some competition, as Sony Pictures is developing a rival Jobs biopic, though there's no word on who will play the computer pioneer in that film.

Ashton Kutcher

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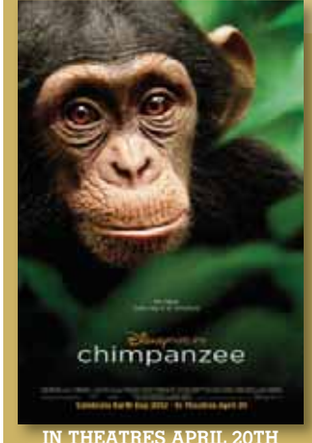

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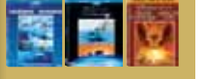

IN THEATRES APRIL 20TH

DISNEYNATURE will donate portion of first week box office for CHIMPANZEE to the Jane Goodall Institute Canada through "SEE 'CHIMPANZEE,' SAVE CHIMPANZEES" program.

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Learning archery goes a long way for one hungry actress

Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence.
She tells Metro how she transformed the actress into an archer

ROMINA MCGUINNESS
wellness@metronews.ca

Jennifer Lawrence had to train for months to become a decent archer for The Hunger Games movie. HANDOUT

Shooting a bow and arrow isn't as easy as it looks in The Hunger Games. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with a bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig.

This is how it's done.

The Alignment Drill
How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms; open them up bending one arm to your face, touching your chin and using the other arm, your 'bow arm' to aim at the target," explains Lorig.

The advantage of being long and lean
Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving on from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

Arm strength
Although Lorig admits her only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

"Arm strength is very important for an archer. Jennifer trained with a 15-pound wooden bow — and the one she uses in the movie was probably lighter than that — but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

Quote

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."
Olympic Archer Khatuna Lorig

Mental focus is crucial when you are aiming
"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your mind as sharp as you can," explains Lorig.

How can you get the perfect aim?
According to Lorig, there's no trick to having the perfect aim.

"The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

On a scale of one to 10, how does Lorig rate Lawrence's archery skills?
"I would give her a seven or eight out of 10. Her performance in the movie was very good considering I didn't train her on set."

3 LIFE

Living well

Surviving without food or water?

Humans can survive 30 to 40 days without food, providing they are properly hydrated. On the other hand, surviving that long without water is virtually impossible. Besides oxygen, it's the most important nutrient for the body. Expect to last between two to 10 days without it.

Health

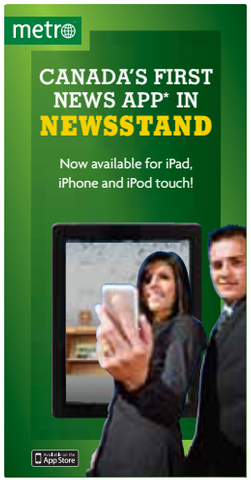
Berries can help you

Berries are bursting with antioxidants. They also have remarkable anti-inflammatory and immune-system-boosting properties. One portion (one cup) a day is enough to reap the full health benefit.

METRO WORLD NEWS

On the Web

Foul smelling urine in young kids may be sign of urinary infection: study



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Don't give the tax man too much

Last-minute filing. No one likes paying taxes, but you can take steps to avoid overpaying

YOUR MONEY
Alison Griffiths
money@metronews.ca

There's a very good reason why death and taxes often occupy the same sentence. Neither is appealing to contemplate. While death can sometimes be delayed there's no avoiding the latter at this time of year.

As sure as April follows March every year, there is a stampede to file returns once Easter and Passover indulgences have been digested.

Your friend in these last-minute situations is, in my opinion, the best tax book available for consumers: Essential Tax Facts: Simple tips for preparing your taxes so you can build wealth (2012 edition), by Evelyn Jacks, tax expert and founder of the Knowledge Bureau in Winnipeg.

Jacks points out that taxpayers leave thousands, sometimes hundreds of thousands of dollars, on the table over their lifetimes by paying too much tax.

It's tough these days to increase your income. But being vigilant about every penny sent to Ottawa and your provincial government is something everyone can do.

Here are some of the changes Jacks highlights for 2011.

1. Children's Arts Tax Credit. Similar to the Fitness Tax Credit, parents can claim (or share the claim) for up to $500 if the child is enrolled in a broad range of artistic, environmental or cultural activities.

2. Tuition Tax Credit – Examination fee. This is claimable for examinations and pre-requisite study materials purchased in order to achieve a recognizable licence or professional status.

3. Study abroad. The study period has been reduced to three weeks from 13 for students in full-time programs at Canadian universities and colleges. So if you are off to Italy to study Michelangelo's David for three weeks as part of your degree, you can claim the tuition and education amount and withdraw Education Assistance Payments from an RESP.

Pass 'go' and collect your tax savings. ISTOCK

4. Sharing an RESP with a sibling. Transferring from one RESP to another will not trigger repayment of the government Canada Education Savings Grant as long as the sibling receiving the funds is under 21.

5. Money from babes. The Canada Child Tax Benefit, Universal Child Care Benefit and GST credit can now be split 50/50 between parents (for payments received after June 2011), assuming they live with the child.

One of Jacks' top tax tips is a recommendation that couples (married or common-law) file taxes jointly to maximize credits and deductions including medical expenses and amounts for public transit, children's fitness and arts and the new home buyer's credit.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Alison's money rule

"Pay yourself first by double-checking all your tax deductions and credits."

Save money

Top five tax savings tips

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesleyscorgie on Twitter

Forget tax evasion; that's illegal. There are legitimate ways to cut your tax bill.

Registered retirement savings plan
The RRSP is the most popular tool to reduce taxes for Canadians.

Individuals can contribute up to 18 per cent of their income through RRSP contributions, to a maximum of around $23,000 per year (indexed). RRSP contributions are fully tax deductible and they grow tax-deferred until withdrawal.

The more you contribute to your RRSP, the greater tax deduction you receive. If you don't use up your available contribution room, it carries forward into future years.

Tax-free savings account
A TFSA allows you to grow your money tax-free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned.

On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. You can contribute up to $5,000 annually (indexed). Unused TFSA contribution room can be carried forward.

Non-registered investment plan
Investing outside the RRSP or TFSA, in a non-registered investment plan, is less popular; though you can still reduce taxes through the dividend tax credit and a favourable capital gains tax rate.

Dividends are paid to investors who hold certain stocks. Capital gains (and losses) are incurred when an investment is sold.

Have you been 'tipping' the tax man every year? ISTOCK

Charitable donations
Charitable giving is another effective tool to reduce taxes and support your community.

When you give money to a registered charity, you receive a tax receipt that goes toward a tax credit when you file your return. This will decrease the taxes you pay.

Tax credits
There are many other tax credits available for Canadians including those for child care, transit, extended medical/health expenses, education and so on.

Check the Canada Revenue Agency website cra-arc.gc.ca (select information for individuals) to see which personal tax credits apply to you, rates and a list of registered charities.

Between Two Buns does sandwiches — & sides — right

Jerk It ($9), Tomato Basil Soup ($3), Salad of the Day ($3). ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

Every city block in Vancouver needs a great sandwich shop. The demand is that high. Luckily for Yaletowners, Homer and Davie just got theirs.

Despite the cartoonish awning, Between Two Buns is serious about food.

Chef Shaun Snelling, formerly of Opus and Fraiche, has applied his fine dining expertise to the sandwich world, and his new menu is mouth watering.

With six enticing lunch options — like a Moroccan chickpea patty sandwich and a braised Paradise Valley pork cheek creation — you can't go wrong.

The Jerk It ($9) wasn't saucy like its name, but it was stacked high with an incredible combo of ingredients: crispy tempura-style yam, deliciously creamy coleslaw, and tender 24-hour in-house marinated jerk chicken. On a thick white baguette from Boulangerie la Parisienne, the result was greatness.

Adding to the fantastic lunch was the best side salad I've seen offered, with arugula, grilled zucchini, plenty of artichoke hearts, and lentils.

Snelling's Tomato Basil soup was also outstanding, finished with a touch of olive oil, cream, and fresh basil.

Visiting the restaurant

Between Two Buns

Address. 1271 Homer St.

Phone. 604-336-4103

Rating. 4.5/5

Barbecue Chicken Sandwich. Leftover dinner makes tasty lunch

1. In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

2. In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

3. Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/ DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

Ingredients

- 2 cups (500 mL) sliced left over cooked chicken
- 1/4 cup (50 mL) barbecue sauce
- 4 slices white bread
- 1 tbsp (15 mL) low-fat mayonnaise
- 2 tsp (10 mL) cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- 1/4 tsp (1 mL) salt, pepper
- 1 cup (250 mL) bagged coleslaw mix

Easter

Time to hunt some eggs

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With Easter just around the corner, I thought I'd offer up some tips for those families, or churches and social groups, considering doing an Easter-egg hunt. Here are a few ways to ensure it's a success.

1. Think about the age group. This is one activity where mixing young kids with older ones doesn't always work. Consider a toddler egg hunt and an older children's egg hunt to keep things fair.

2. If treats are to be hidden inside the eggs, mix up what the children will find. Putting the same surprise in each egg will be a disappointment, no matter how cheap you found them at a big-box store.

3. Talk to your kids ahead of time. There are inevitably going to be a few skirmishes where kids fight over an egg they find at the same time. As hard as it is, this is a good opportunity to teach your kids about sharing. Parents, this is your job!

4. A way to deal with No. 3 is to assign children a colour, so that they have to find eggs only of one particular colour. This should help avoid disputes.

5. Plan an adult-friendly gathering while the children are hunting, and remember to let them have fun. Don't stress about grass stains on clothing; just let the kids run out and play. Besides, in an upcoming article, I promise to tell you all about dealing with those pesky grass stains! Happy Easter to all of you who celebrate this wonderful holiday.

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Curling

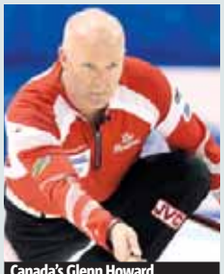
Howard rings off two more wins for Canada at worlds

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship in Basel, Switzerland.

Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating Jiri Snitil of the Czech Republic 9-3 in the evening. Canada was tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said.

THE CANADIAN PRESS



Canada's Glenn Howard. GEORGIOS KEFALAS/THE ASSOCIATED PRESS

Basketball

It's Miller's time to head to the hall

Five-time all-star Reggie Miller and longtime coach Don Nelson are among a dozen players, coaches and teams that will be inducted into the Naismith Memorial Basketball Hall of Fame.

The class of 2012 was announced Monday in New Orleans, the site of the Final Four.

Also elected were two-time Olympic gold medallist Katrina McClain, three-time college player of the year Ralph Sampson, four-time NBA champion Jamaal Wilkes and longtime referee Hank Nichols.

THE ASSOCIATED PRESS

Canucks forward David Booth admits it has been a challenge to ramp up his game for playoff-style hockey. CHRISTIAN PETERSEN/GETTY IMAGES FILE

A new NHL frontier for Canucks' Booth

NHL. Forward still coming to terms with playing big games this late in a season

Struggling Vancouver Canucks winger David Booth has no shortage of motivation to get his game back on track before the Stanley Cup playoffs.

Booth will participate in the post-season for the first time in his six-year NHL career. He never made it in five campaigns with the Florida Panthers.

"It's something I've been looking forward to for a long time," Booth said. "So I want to get a little confidence back and get rolling into the playoffs."

He will get a chance Tuesday as the Canucks host the Anaheim Ducks.

Booth's opportunity to compete for the Stanley Cup comes after he battled back from a career-threatening concussion that limited him to 28 games in 2009-10.

He was also sidelined with a knee injury this season. But, lately, the 27-year-old Detroit native has been struggling to ramp up his performance at a time when he was winding down in previous seasons.

Booth, who was acquired in a trade that sent Mikael Samuelsson to Florida, has no points in his last eight games. On Saturday, he was benched during the third period against Calgary after getting caught up ice as the Flames took a 2-1 lead.

"It's definitely a mental challenge to bring it every night," he said. "It's just tough to come back. Your confidence starts to go a little bit. You start to question yourself. It gets frustrating when you don't play in certain situations. Then you don't think you're as good a player as you once thought, because you're not playing."

Booth is not the only forward on the second line who has been struggling lately.

Ryan Kesler has gone nine games without a point and Mason Raymond has gone four games without a point while shifting between the first and second lines.

Still, Booth is relishing the chance to chase the cup for the first time.

"That's going to be a great experience," he said. "That's something you don't really know about until it happens. But I'll be proud to be a part of this team and keep going."

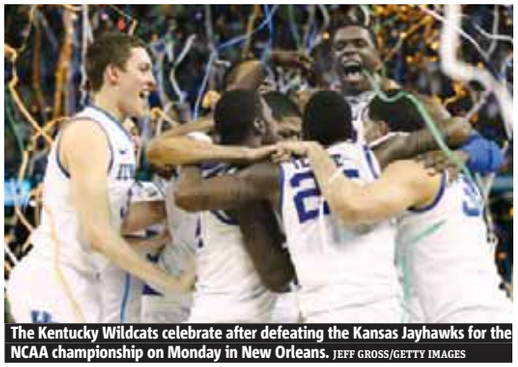
THE CANADIAN PRESS

Canucks injury notes

Henrik Sedin says brother Daniel is improving as he attempts to recover from a concussion.

- "He's getting better and better, so we're hopeful," Henrik said after practice Monday.
- Henrik was non-committal on whether Daniel could return in time for the playoffs, but did express optimism.
- Canucks Defenceman Keith Ballard took part in his first full practice since being sidelined with a concussion in early February. Coach Alain Vigneault said he hopes to get Ballard into games later this week against Calgary and Edmonton.

Kentucky's talent delivers on the hype



The Kentucky Wildcats celebrate after defeating the Kansas Jayhawks for the NCAA championship on Monday in New Orleans. JEFF GROSS/GETTY IMAGES

No matter where Anthony Davis and his buddies go to make their millions, their ol' Kentucky home will long remember this season.

The Wildcats hit the jackpot with their lottery picks Monday night, ignoring Davis' bad shooting night and parlaying a roster full of NBA-like talent into a 67-59 victory over Kansas for the team's eighth NCAA title — and its first since 1998.

The one-and-doners did it in a wire-to-wire victory to cap a season in which anything less than bringing a title back to the Bluegrass State would have been a downer. They led coach John Calipari to his first title in four trips to the Final Four with three different schools.

Doron Lamb, a sophomore with first-round draft-pick potential, led the Wildcats with 22 points, including back-to-back three-pointers that put them up by 16 with 10 minutes left.

The Jayhawks, kings of the comeback all season, fought to the finish and trimmed that deficit to five with 1:37 left. But Kentucky made five free throws down the stretch to seal the win.

Davis' fellow lottery prospect, Michael Kidd-Gilchrist, was another headliner, creating space for himself to score all 11 of his points in the first half. THE ASSOCIATED PRESS

By the numbers

6

Kentucky's Anthony Davis might have had the most dominating six-point night in the history of college basketball. He finished with 16 rebounds, six blocks, five assists and three steals and was selected the most outstanding player at the Final Four.

4 SPORTS

Canucks preview

Anaheim at Vancouver 7 p.m. (TSN)

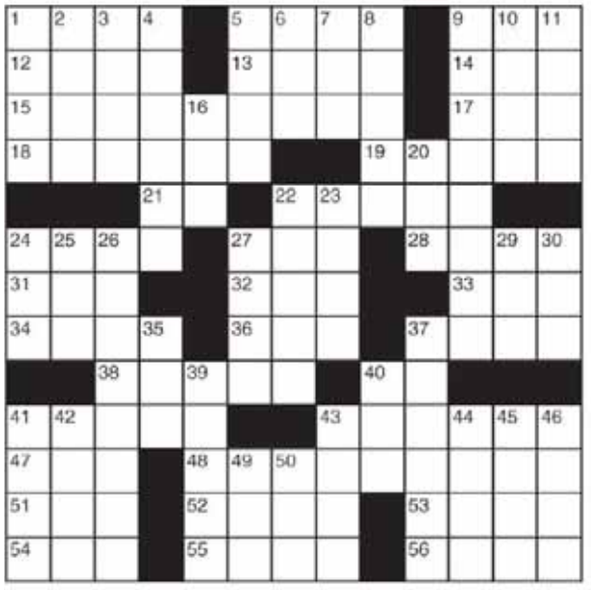
The Canucks (49-21-9) host Anaheim (33-35-11), which has won one of its last four games. Teemu Selanne scored his 26th goal of the season in a 2-1 loss to Edmonton on Sunday. Selanne has three goals in his last four games and leads the Ducks with 65 points. Bobby Ryan is two goals shy of reaching 30 for the fourth straight season. Cam Fowler has two points in his last five games and is a minus-27 on the season.

THE CANADIAN PRESS

On the web

Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.

Crossword



Across
1 Urban fleet
5 Stroller
9 Embrace
12 Grad
13 John/Rice collaboration
14 NAFTA signatory
15 Military sky divers
17 Journey segment
18 Lotus model
19 Burdens
21 Yours truly
22 Choppers
24 Sculptor's medium
27 Preceding
28 Takeout request
31 Army rank (Abbr.)
32 Be unwell
33 Indivisible
34 Pop choice
36 Pigpen
37 Incite
38 Overact
40 "Monopoly" corner
41 Town bigwig
43 Delicate, as a fragrance
47 In bygone times
48 Cartoon vamp
51 Writer Buscaglia
52 "What's the big —?"
53 Cogito-sum link
54 Recipe meas.
55 Stage statuette
56 Turns green?

Down
1 Part of a superhero costume
2 Remark re Yorick
3 After-dinner speech?
4 Smugly ingratiating
5 Segment
6 Carnival city
7 Big fuss
8 Syrup flavor
9 Wham-O product
10 Secondhand
11 Jokes
16 Dead heat
20 Mel of Coopers-town
22 Hackneyed
23 Slithery
24 LX percent of D
25 Privy
26 Comic-strip caveman
27 Bridge position
29 Wildebeest
30 "— the ramparts ..."
35 I love, to Livy
37 Wept loudly
39 Trip around the world?
40 Fellow
41 Beer ingredient
42 Quite some time
43 Command to Rover
44 Whig rival
45 Theater box
46 Heroic poetry
49 Tokyo's old name
50 Toe tally

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

Sudoku

		4				8		
		3	5		4	6		
7				3				9
	1	5	3		6	9	2	
	9	2	1		5	7	6	
5				4				3
		8	2		1	5		
		9				2		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

Send a kiss

- **Mr. Hammer Man**. You will always be my stereo. ilu
- **Bunny.** I love you. You have to remember, its always going to be YOU and ME. It's the most real thing you've ever had. We don't give up on the things we love. We always come back. <3 Baby T
- Nothing can rival spending my life with you; not eternal bliss or existing logically. Jeremy
- **Gady.** I know you may not notice how handsome I think you are, and I don't really see you too often but if you read this just know I love steering at you I have a crush on you. Your admirer always
- **Mi Vida <3.** I love you so much <3 I know that at times things are hard but no matter what, me and you will make it through <3 we've been through a lot before and I will always be here for you no matter what <3 you're the only girl I'm willing to die for <3

Today 8°/4° Showers 60%
Wednesday 9°/5° Showers 40%
Know what the weather will be 14 days from now. Check the 14 day trend.
©The Weather Network 2012

Horoscope

Aries | March 21 - April 20. You are in the mood to travel, socialize and have a good time.

Taurus | April 21 - May 21. As an Earth sign you enjoy the good things in life, and with your ruling planet Venus moving into the money area of your chart today you'll be able to afford them too.

Gemini | May 22 - June 20. Whatever changes take place over the next 24 hours you can be sure they will work in your favour, at least in the long-term.

Cancer | June 21 - July 22. You need to sit down quietly, away from other people, and decide what your priorities are going to be.

Leo | July 23 - Aug. 22. Make an effort to get out into the world and meet people today.

Virgo | Aug. 23 - Sept. 22. This is an excellent time to show someone in a position of power that you have what it takes to succeed.

Libra | Sept. 23 - Oct. 22. You are hugely optimistic about the future, and with good reason.

Scorpio | Oct. 23 - Nov. 21. Steer clear of extremes today, especially extremes of emotion. Like most Scorpios you harbour a few secret grudges but this is not the time to make them public.

Sagittarius | Nov. 22 - Dec. 21. The people you meet today, both socially and at work, will go out of their way to be nice to you. Respond in kind and show everyone what a big-hearted Sag you are.

Capricorn | Dec. 22 - Jan 20. You may be tempted to push yourself harder and take on more responsibilities but is that really such a good idea?

Aquarius | Jan. 21 - Feb 18. Anything of a creative or artistic nature is under exceedingly good stars at the moment, so believe in yourself and what you are doing and before you know it you may be something of a star yourself.

Pisces | Feb. 19 - March 20. Let fate take its course and don't try to change things that are best left alone.

SALLY BROMPTON

Caption Contest

"Staring Contest!! 1,2,3, GO!"
Amanda

JENS KOEHLER/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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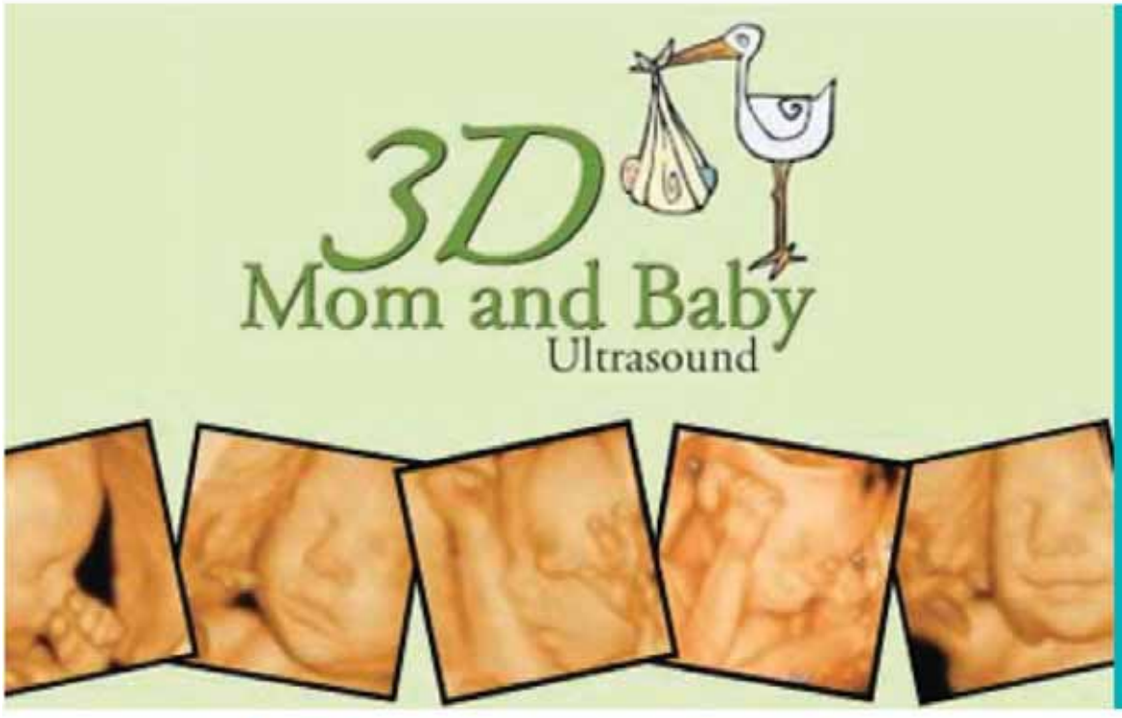

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Jewellery Close-Out Sale!

All jewellery priced at below wholesale

Gold jewellery from $20.00 and up!

14kt yellow gold ring with cabochon cut 19.1 carat star sapphire and 18 diamonds (cttw=0.45), 8.7 grams
Appraisal value: $3,800.00
J&M Regular Price $1,699.00
J&M Sale Price $1,105.00

14kt white gold earrings with contoured bandeau fronts and 86 diamonds (1.16 cttw), 7.9 grams
Appraisal value: $2,400.00
J&M Regular Price $925.00
J&M Sale Price $604.00

Our huge selection is price guaranteed to beat any advertised price. All our jewellery would be priced 50% to 70% higher at other stores. Now with an additional 35% off of our every day low prices.

14kt yellow gold dangling earrings set with cubic zircons, 3.36 grams
J&M Regular Price $139.00
J&M Sale Price $90.00

14kt yellow gold ring with triangular cabochon cut ritulated quartz accented by 8 diamonds (0.12 cttw), 13.8 grams
Appraisal value: $2,000.00
J&M Regular Price $635.00
J&M Sale Price $413.00

14kt white gold slide pendant featuring 5 princess cut diamonds (0.64 cttw) surrounded by 29 full-cut diamonds (0.36 cttw) with 14kt white gold 18" modified fox tail link chain, 9.1 grams
Appraisal value: $2,600.00
J&M Regular Price $1,099.00
J&M Sale Price $715.00

18kt white gold bracelet, polished finishing, chess-style diamond cut pattern links, 18.21 grams
J&M Regular Price $1,490.00
J&M Sale Price $968.00

14kt gold bracelet with 36 diamonds (1.08 cttw)
Appraisal value: $6,200.00
J&M Regular Price $2,789.00
J&M Sale Price $1,812.00

10kt yellow gold 'wave'-style hoop earrings, 1.76 grams
J&M Regular Price $85.00
J&M Sale Price $55.00

Pair of vintage dress clips with 4.6 cttw baguette and round diamonds
Appraisal value: $17,800.00
J&M Regular Price $8,495.00
J&M Sale Price $6,496.00

14kt two-toned mens' wedding band, 7.3 grams
J&M Regular Price $473.00
J&M Sale Price $377.00

14kt white gold ring with 17 round brilliant cut diamonds (0.71 cttw) and 16 round emeralds (1.28 cttw), 5.9 grams
Appraisal value: $3,300.00
J&M Regular Price $1,199.00
J&M Sale Price $780.00

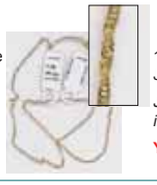
One of the largest selections of rings, earrings, chains and other jewellery, all at every day low prices, with 20% additional savings for a compounded saving!

14kt yellow gold ring featuring a 6.88 ct step cut citrine and two diamonds (0.14 cttw), 5.1 grams
Appraisal value: $1,300.00
J&M Regular Price $439.00
J&M Sale Price $286.00

.950 platinum band, 4.69 grams
J&M Regular Price $565.00
J&M Sale Price $365.00

Dare to compare!
We checked out the competition at mall stores and our every day prices are *still* better than their sale prices!

1.36 gram chain purchased on sale December 30, 2011, for $125.00
J&M every-day price for the same item on that day was $60.93
You would have saved $64.07



1.26 gram chain purchased on sale January 4, 2012, for $128.00
J&M every-day price for the same item on that day $79.13
You would have saved $48.87

J&M Price Comparison

10kt yellow gold Singapore link 18" chain, 0.98 grams
J&M Regular Price $48.00
J&M Sale Price $37.80

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